without departing from the spirit of the present invention or from the scope of the appended claims.

5

## CLAIMS

What is claimed is:

10

15

1. A token control method for an internet conference call among a plurality of user terminals, the token control method comprising the steps of:

detecting bearer traffic from a first user terminal of the plurality of user terminals;

detecting silence from a real time protocol of data packets being transmitted by the first user terminal of the plurality of user terminals; and

if the step of detecting silence is successful,

20 detecting bearer traffic from the real time protocol of
a second user terminal of the plurality of user
terminals.

The token control method as claimed in claim
 1, wherein there is further included a step of establishing the internet conference call via a session initiation protocol over an internet.

5

- 3. The token control method as claimed in claim 1, wherein the step of detecting silence includes the step of detecting an indication of silence from a header of at least one of the data packets in real time protocol.
- The token control method as claimed in claim
   wherein if the step of detecting silence is successful, there is further included the step of
   detecting bearer traffic from the real time protocol of a second of the plurality of user terminals.
- The token control method as claimed in claim
   wherein the step of detecting silence includes the
   step of examining data of the data packets for an indication of silence.
- The token control method as claimed in claim
   wherein if the step of detecting silence is
   successful, there is further included the step of detecting bearer traffic from the real time protocol of a second of the plurality of user terminals.
- 7. The token control method as claimed in claim
  25 1, wherein there is further included the step of
  disabling an input of each of another of the plurality
  of user terminals when bearer traffic is detected from

the first user terminal of the plurality of user terminals.

- 8. The token control method as claimed in claim 1,

  5 wherein there is further included the step of starting
  a timer for the first user terminal to measure a length
  of time the first user terminal continuously speaks.
- 9. The token control method as claimed in claim
  10 1, wherein there is further included the step of
  replicating the data packets of the first user terminal
  for transmission to each of the plurality of user
  terminals.
- 10. The token control method as claimed in claim

  1, wherein there is further included the step of
  replicating the data packets of the first user terminal
  for transmission to each of the plurality of user
  terminals, if silence is not detected.

20

25

11. The token control method as claimed in claim 8, wherein there is further included the step of examining the timer for determining whether the length of time has exceeded a predetermined length of time for continuous speaking by the first user terminal.

- 12. The token control method as claimed in claim
  11, wherein there is further included the step of
  annunciating a cut-off tone to said first user
  terminal, if the timer exceeded its predetermined
  length of time.
- 13. The token control method as claimed in claim 11, wherein there is further included the step of temporarily disabling an input of said first user terminal, if the timer exceeded its predetermined length of time.
- 14. The token control method as claimed in claim
  15 13, wherein there is further included the steps of:
  detecting bearer traffic from the real time
  protocol of the second user terminal of the plurality
  of user terminals; and

enabling the input of the first user terminal.

20

25

15. The token control method as claimed in claim
14, wherein there is further included the step of
iterating the steps of: detecting bearer traffic;
detecting silence from a real time protocol of data
packets; and if the step of detecting silence is

successful, detecting bearer traffic for the second user terminal.

- 16. The token control method as claimed in claim
  5 14, wherein there is further included the step of replicating the data packets of the second user terminal for transmission to each of the plurality of user terminals.
- 17. In a user terminal a token control method for an internet conference call among a plurality of user terminals, the token control method comprising the steps of:

detecting bearer traffic transmitted by a first

user terminal of the plurality of user terminals;

detecting silence from a real time protocol of

data packets being transmitted by the first user

terminal; and

if the step of detecting silence is successful,

20 detecting bearer traffic from the real time protocol of
a second user terminal by the first user terminal.

18. The token control method as claimed in claim 17, wherein the step of detecting silence includes the step of detecting an indication of silence from a

header of at least one of the data packets in real time protocol.

- 19. The token control method as claimed in claim
  5 17, wherein the step of detecting silence includes the step of examining data of the data packets for an indication of silence.
- 10 20. In a mobile user terminal a token control method for an internet conference call among a plurality of user terminals, the token control method comprising the steps of:

detecting bearer traffic transmitted by a first

15 mobile user terminal of the plurality of user

terminals:

detecting silence from a real time protocol of data packets being transmitted by the first mobile user terminal; and

if the step of detecting silence is successful, detecting bearer traffic from the real time protocol of a second mobile user terminal by the first mobile user terminal.